

WHAT IS CLAIMED IS:

1. A percutaneous insertion-capable lead having a plurality of terminals and a plurality of conductors, such lead being adapted to pass through a percutaneous introduction structure for insertion into a human body, the
- 5 lead further comprising:

a body defining a paddle structure that is substantially defined by two principal opposing planar surfaces; and

a plurality of electrodes,

- 10 wherein one of the two planar surfaces incorporates the plurality of electrodes, and a conductor of the plurality of conductors electrically couples one terminal of the plurality of terminals with at least one electrode of the plurality of electrodes, and

- 15 wherein a greatest transverse dimension of the body of the lead is less than a corresponding interior dimension of the percutaneous introduction structure.

2. A lead in accordance with Claim 1, further comprising a channel extending from a proximal end of the lead to a position within the body of the lead, wherein the channel is adapted to receive a stylet.

3. A lead in accordance with Claim 2, wherein the body of the lead has a varying cross-sectional moment of inertia.

4. A percutaneous insertion-capable lead having a distal end portion and a proximal end portion, such lead being adapted to pass through a percutaneous introduction structure for insertion into a human body, the lead further

5 comprising:

a plurality of terminals positioned at the proximal end portion;

10 a paddle-shaped body positioned at the distal end portion, wherein the body of the lead includes two principal opposing substantially planar surfaces;

a plurality of electrodes, which are carried on one of the two principal surfaces of the body of the lead; and

15 a plurality of conductors, wherein a conductor of the plurality of conductors electrically couples one terminal of the plurality of terminals with at least one electrode of the plurality of electrodes, and

wherein the body of the lead has a varying transverse dimension that enables flexibility in a plane substantially parallel to the principal surfaces of the body of the lead.

5. A lead in accordance with Claim 4, further comprising a channel extending from the proximal end portion to a position within the body of the lead, wherein the channel is adapted to receive a stylet.

6. A method of placing a lead in a human, the method comprising the steps of:

providing a lead, such lead comprising:

5 a body having two principal surfaces arranged opposite to one another, each of such surfaces being substantially planar;

a plurality of terminals;

a plurality of electrodes positioned relative to one principal surface of the body; and

10 a plurality of conductors, wherein a conductor electrically couples one terminal of the plurality of terminals with at least one electrode;

percutaneously accessing a site proximate to a desired  
lead placement site through formation of an access passage;  
15 and

directing the lead through the access passage to the  
desired lead placement site.

7. A method in accordance with Claim 6, wherein the  
lead further comprises a channel extending from a proximal  
end of the lead to a position within the body, and this  
channel is adapted to receive a stylet, and wherein the  
5 step of directing includes using a stylet within the  
channel to steer the lead to the desired lead placement  
site.

8. A method of placing a lead in a human, the method  
comprising the steps of:  
providing a lead, such lead comprising:  
a body having two principal surfaces arranged  
5 opposite to one another, each of such surfaces being  
substantially planar, and at least one waisted region;  
a plurality of terminals;  
a plurality of electrodes positioned relative to  
one principal surface of the body; and  
10 a plurality of conductors, wherein a conductor  
electrically couples one terminal of the plurality of  
terminals with at least one electrode;  
percutaneously accessing a site proximate to a desired  
lead placement site through formation of an access passage;  
15 and  
directing the lead through the access passage to the  
desired lead placement site.

9. A method in accordance with Claim 8, wherein the lead further comprises a channel extending from a proximal end of the lead to a position within the body, and this channel is adapted to receive a stylet, and wherein the  
5 step of directing includes using a stylet within the channel to steer the lead to the desired lead placement site.

10. A method in accordance with Claim 9, wherein the at least one waisted region enables a flexibility of the body to enhance steerability of the lead.

11. A percutaneous insertion-capable lead having a distal end portion and a proximal end portion, such lead being adapted to pass through a percutaneous insertion structure for insertion into a human, the lead further  
5 comprising:

a plurality of terminals positioned at the proximal end portion;

a paddle-shaped body positioned at the distal end portion, wherein the body includes two principal opposing  
10 substantially planar surfaces and at least one waisted region;

a plurality of electrodes, which are carried on one of the two principal surfaces of the body; and

a plurality of conductors, wherein a conductor of the  
15 plurality of conductors electrically couples one terminal of the plurality of terminals with at least one electrode of the plurality of electrodes.

12. A lead in accordance in Claim 11, wherein the at least one waisted region is formed by a narrowing of the body in a transverse direction.

13. A lead in accordance with Claim 11, further comprising a channel extending from the proximal end portion of the lead to a position within the body, wherein the channel is adapted to receive a stylet.